

group before treatment. It is clear that patients lost weight quite satisfactorily indicating a high degree of adherence to the 500 kilocalorie diet. The injections of HCG, however, provided no additional effects that could not be accounted for by the diet alone. We conclude, therefore, that HCG used in the manner prescribed by Simeons does not enhance the rate of weight loss, nor does it significantly reduce hunger or change the ratings of anxiety, hostility or depression.

Although a number of other studies using HCG in the treatment of obesity have been carried out,¹¹ there appear to be only two that found HCG may be effective in treating obesity. The recent study by Stein and co-workers⁴ was designed in much the same manner as the present study, except that mood ratings were not examined. However, they reached the same conclusion. With the now overwhelming body of evidence suggesting that HCG is no more effective than placebo in the treatment of obesity, it would seem that further efforts to perpetuate the Simeons method could only be financially motivated.

Therefore, we feel that the 20 year history of the use of HCG in the treatment of obesity should come to an end because injections of placebo appear to be equally effective in all respects.¹²

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Protocol of Taking Blood Pressures in Children

Most often it's very difficult in an office practice to take blood pressures in patients under 2 and 3 years of age. However, I think there's a great need for us to be doing this; and we need to develop our techniques and our sensitivities to be able to determine blood pressures on every physical examination that we do on a child. I believe that pediatricians should devise a special protocol in taking blood pressures. . . . They should take a blood pressure with the patient standing or sitting; and then they should take the blood pressure following exercise. I think this would be terribly important. Many of us know that when a child first comes into a physician's office and is rather nervous, the child's blood pressure might be elevated as a result and perhaps the results of a blood pressure determination done at home by a parent might be much more significant, so that you can use this as a guideline.

—PHILIP L. CALGANO, MD, *Washington, DC*
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